

### Help For You and Your Family

- Recognize your own feelings.
- Talk to others about your feelings; this will help relieve your stress and help you realize that other victims share your feelings.
- Accept help from others.
- Whenever possible, take time off and do something you enjoy.
- Get enough rest.
- Get as much recreational physical activity as possible.
- Give a family member a hug; touching can be very important.
- Stay connected with your usual support systems; your religious/spiritual leader, social groups, neighbors, family and friends.

### Help Your Child

- Actively encourage your child to talk about his or her feelings and let your child know that sometimes adults have the same feelings. You may find that you have many shared feelings, regardless of your child's age.
- Encourage your child to draw pictures of the disaster. This may help you understand how they comprehend what happened.
- Talk to your child about the disaster event. Give factual information that he or she can understand.
- Reassure your child that you and he or she are safe. Repeat this assurance as often as necessary.

*Continued....*

- Hold your child. Touching provides extra reassurance that someone is there for him or her.
- Spend extra time with your child, especially at bedtime.
- Recognize and praise responsible behavior.
- Explain how the disaster has affected your child to his or her teachers, daycare staff, baby-sitters and others.
- If you are staying in a place where everyone is a stranger to your child, do not leave the facility and leave your child there alone, even to run short errands. This can lead to feelings of abandonment and increased fear of loss for your child.

### Help for Your Community

- Listen when you can to those who are having problems.
- Share your own feelings about the disaster.
- Be tolerant of the irritability and short tempers others show—everyone is stressed at this time.
- Share information about assistance being offered and possible resources available.

***Please feel free to contact  
Ridgeview at the numbers indicated,  
if needed.***



## Assisting Individuals Impacted by the Fly Ash Spill *Roane County*



# Caring for you and your family.

## Services provided....

- ◆ *Individual, Family and Group Counseling*
- ◆ *Provide Educational Material*
- ◆ *Coping and Stress Management*
- ◆ *Assistance Accessing Community Resources*
- ◆ *Crisis Counseling*
- ◆ *Mental Health Assessments*

Debriefing services are available at no cost to the individual.

To schedule an appointment, contact  
Traci Golbach  
Ridgeview - Louise Singleton Center  
221 Devonia Street, Harriman  
865-882-1164  
or  
Brian Buuck  
Ridgeview  
240 W. Tyrone Road, Oak Ridge  
865-276-1202

**D**isasters affect people in many ways. In some disaster situations it may mean the loss of home and property, furnishings, and important or cherished belongings. Sometimes it means starting over with a new home or business. In others it may mean loss of loved ones, including relatives, friends, neighbors, or family pets. The emotional effects of loss and disruption may show up immediately or may appear many months later.

### Grieving

It is very important to understand that grieving is natural and can last for an extended period following any loss. When the loss is a life, the grieving process can last a year or longer.

### Reactions

A disaster of any size may cause unusual and unwanted stress as people work to reconstruct their lives.

### Common Initial Reactions

- ◆ Shock
- ◆ Fear
- ◆ Grief
- ◆ Disbelief
- ◆ Anger
- ◆ Feeling overwhelmed
- ◆ Feeling numb
- ◆ Difficulty making decisions
- ◆ Inability to think clearly
- ◆ Temporary memory loss
- ◆ Reluctance to abandon property

### Some Later Reactions

- ◆ Appetite changes and/or digestion problems
- ◆ Sleeping problems
- ◆ Headaches
- ◆ Increased allergies, colds, and flu
- ◆ Increased anger and/or suspicion of others
- ◆ Depression
- ◆ Crying for no apparent reason
- ◆ Frustration and feelings of powerlessness
- ◆ Moodiness and irritability
- ◆ Anxiety
- ◆ Disappointment with, and rejection of, outside help
- ◆ Isolating yourself from your family and friends
- ◆ Guilt

### Common Reactions of Children

- ◆ Return to earlier behavior, such as thumb sucking or bed wetting
- ◆ Needing to be near parents
- ◆ Not wanting to leave parents to go to school
- ◆ Anxious about going to bed
- ◆ Nightmares
- ◆ Increased crying
- ◆ Withdrawal and an inability to be motivated
- ◆ Problems at school and with concentration
- ◆ Fantasies that the disaster never happened

*Services offered by:*  
*Ridgeview Community Mental Health Center*  
*240 W. Tyrone Road, Oak Ridge, TN 37830*  
*221 Devonia Street, Harriman*  
*865-882-1164-Harriman*  
*865-482-1076 - Oak Ridge*